

Patient Health Classes




May 2001

VA San Diego Healthcare System

To register for a class, pick up a brochure **"Opportunities for Healthcare Education"** from your provider or the Welcome Center.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>May is National Mental Health Month</i>	1 FIRM Cardiac Diet Class 10am-noon Pulmonary Sleep Disorders 10am-noon	2 Diabetes Basics I 10am-12:30pm Blood Glucose Training 1-2pm	3 Men's Dysfunction Class 9-11:30am Relaxation Response 3 3:30-5pm	4 Living with Hearing Loss 9-10:30am and 1-2:30pm Coumadin 11am-noon
7 Renal Education 7:30-8:30am Tinnitus 9-10am Diabetic Diet I & II 10am-Noon Tobacco-Free Class 1 2-3:30pm	8 FIRM Cardiac Diet Class 10am-noon Pulmonary Sleep Disorders 10am-noon	9 Diabetes Basics II 10am-12:30pm Blood Glucose Training 1-2pm Tobacco-Free Class 2 2-3:30pm	10 Diabetes Glucose Meter (for new users) 10am-12:30pm Relaxation Response 4 3:30-5pm	11 Living with Hearing Loss 9-10:30am and 1-2:30pm Coumadin 11am-noon Hepatitis C Treatment Options (Rm 4350, 4North) 11am - noon
14 Renal Education 7:30-8:30am Diabetic Diet I & II 10am-Noon Tobacco-Free Class 3 2-3:30pm	15 FIRM Cardiac Diet Class 10am-noon Pulmonary Sleep Disorders 10am-noon	16 Diabetes Basics I 10am-12:30pm Blood Glucose Training 1-2pm Tobacco-Free Class 4 2-3:30pm	17 Men's Dysfunction Class 9-11:30am Advance Directives 1-2pm Relaxation Response 5 3:30-5pm	18 Living with Hearing Loss 9-10:30am and 1-2:30pm Coumadin 11am-noon
21 Diabetic Diet I & II 10am-Noon Tobacco-Free Class 5 2-3:30pm	22 FIRM Cardiac Diet Class 10am-noon Pulmonary Sleep Disorders 10am-noon	23 Diabetes Basics II 10am-12:30pm Blood Glucose Training 1-2pm Tobacco-Free Class 6 2-3:30pm	24 Diabetes Glucose Meter (for new users) 10am-12:30pm (25 Living with Hearing Loss 9-10:30am and 1-2:30pm Coumadin 11am-noon

28  <p>Holiday</p> <p><i>Memorial Day</i></p>	29 FIRM Cardiac Diet Class 10am-noon Pulmonary Sleep Disorders 10am-noon	30 Tobacco-Free Class 7 2-3:30pm	31 Diabetes Glucose Meter (for new users) 10am-12:30pm	<i>Get health info from the Patient Health Library on 1 East (Room 1493D)</i>
---	--	--	--	--